



Fwd: Corona virus

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To: Emma Hartman <office@mcusacdc.org>

Haven't seen the following list before.

----- Forwarded message -----

From: **Doug Hostetter** <doughostetter@gmail.com>
Date: Fri, Mar 13, 2020 at 9:17 AM
Subject: Fwd: Corona virus
To: Doug Hostetter <DougHostetter@gmail.com>
Cc: Becca Wilson <reachbecca@gmail.com>, Ronda Hauben <ronda.netizen@gmail.com>

Friends,

Info sent to me by a friend at Columbia U.
Stay healthy!

Doug

----- Forwarded message -----

The new NCP coronavirus may not show any signs of infection for many days and if so, then how can one know if he/ she is infected ? Latest information is that the incubation period in a person has a fever and/or cough and goes to the hospital, the lungs are usually 50% fibrotic and it could be too late! Taiwan experts provide a simple self-check that we can do every r

Take a deep breath and hold your breath for more than 10 seconds. If you complete it successfully without coughing, without discomfort, stuffiness or tightness, etc, it proves there is n self-check every morning in an environment with clean air!

SERIOUS EXCELLENT ADVICE by Japanese doctors treating COVID-19 cases.

Everyone should ensure your mouth & throat are moist, never DRY. Take a few sips of water every 15 mins at least. WHY? Even if the virus does enter into your mouth...drinking water c stomach. Once there, your stomach ACID will kill the virus. If you don't drink enough water more regularly...the virus can enter your windpipes and into the LUNGS. That's very dangero

The following information comes from a very reputable doctor in Shenzhen Hospital (Guangdong Province, China) regarding treatment procedure for the Coron

1. **If you have a runny nose and sputum, you have a common cold**
2. Corona virus pneumonia is a dry cough with no runny nose.
3. This new virus is not heat-resistant and will be killed by a temperature of just 26/27 degrees. It hates the Sun.
4. If someone sneezes with it, it takes about 10 feet before it drops to the ground and is no longer airborne.
5. If it drops on a metal surface it will live for at least 12 hours - so if you come into contact with any metal surface - wash your hands as soon as you can with a bacterial soap.
6. On fabric it can survive for 6-12 hours. **normal laundry detergent will kill it.**
7. Drinking warm water is effective for all viruses. Try not to drink liquids with ice.
8. **Wash your hands frequently as the virus can only live on your hands for 5-10 minutes, but - a lot can happen during that time - you can rub your eyes, pick your nose unwittingly**
9. You should also gargle as a prevention. A simple solution of salt in warm water will suffice.
10. **Can't emphasise enough - drink plenty of water!**

THE SYMPTOMS

1. It will first infect the throat, so you'll have a sore throat lasting 3/4 days
2. The virus then blends into a nasal fluid that enters the trachea and then the lungs, causing pneumonia. This takes about 5/6 days further.
3. With the pneumonia comes high fever and difficulty in breathing.
4. The nasal congestion is not like the normal kind. You feel like you're drowning. It's imperative you then seek immediate attention.

SPREAD THE WORD - PLEASE SHARE - AND MAY THE WORLD RECOVER FROM THE CORONAVIRUS SOON.

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Web Pages: www.paxchristi.net
www.pictureofpeace.org
www.civilianpublicservice.org/storycontinues/vietnam/hostetter

"If you think you are too small to be effective, you've never been in bed with a mosquito."

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"Like Jesus, we are to love others not because of who they are, but because of who we are--all and equally the beloved of God." -Richard Rohr